

# Stay well, get fit and save money

Discount Programs and Services From Aetna

Free with your  
health benefits  
plan — great deals  
on fitness, vision,  
hearing, alternative  
health and more

We want you to know<sup>®</sup>



# Good health can than visiting the

Who said nothing in life is free? Enroll in one of our health benefits or health insurance plans and get — at no added cost — the *Aetna<sup>‡</sup> extras*. Our discount programs and services are your ticket to the small luxuries that keep you happy and healthy.

Save right away on gym memberships, LASIK surgery, massage therapy, treadmills and ellipticals, colored contact lenses and more.

- **Special savings programs**  
Discounts on fitness, vision and alternative health care options
- **Wellness and prevention programs**  
Health education and health management programs to help you make decisions about your care with confidence
- **Programs for women**  
Our maternity management program, and more



<sup>‡</sup>Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, which include: Aetna Health Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, CHI/OK GP-3 02/02, CHI/OK INSCT-4 01/02, GR-23 and/or GR-29.

# mean more doctor

## A fitness program for your body and budget

### Discounts on health clubs, exercise equipment and more

Regular exercise can make you look and feel younger. With our Fitness Program, you can *do it for less*. It's easy to get started.

### Pick a club — any club

Enjoy special savings on health club memberships\* within the GlobalFit™ network. With over 2,000 locations\*\* — and growing every day — it's easy to find one close to where you live or work. You'll even get guest privileges at participating clubs when you travel.

1. Visit [www.globalfit.com/fitness](http://www.globalfit.com/fitness) for an updated list of participating clubs.
2. Choose a club and follow the directions to get a FREE guest pass (available at most clubs). It's your "sneak peek" at the club's culture, services and equipment.
3. Join today! Enroll online, or call GlobalFit at 1-800-298-7800.

## Save on home exercise equipment, too

Rather roll right out of bed to get fit? You can get a price break on home exercise equipment and supplies like free weights and benches, treadmills, elliptical riders and exercise videos. It's everything you need for your home gym.

To order, go to [www.globalfit.com](http://www.globalfit.com) and click on the "Shop GlobalFit" icon to place your order.



\*At some clubs, savings may only be available for new memberships.

\*\*GlobalFit website. [www.globalfit.com/fitness](http://www.globalfit.com/fitness). 3/06.

## An eye-opening way to healthy vision



### See better ... for less

Save right away on eye exams, eyeglasses, contact lenses and solutions, accessories and more, with our Vision One® program. The discounts are instant — there are no forms or claims.

You can use your discount over and over again ... you save each and every time you purchase a product or service from a participating location.

### Here's how you do it:

- **Book** — Schedule an eye exam, or visit any participating location. From [www.aetna.com](http://www.aetna.com), log on to our DocFind® directory and select Vision One to find a participating professional. Or, call 1-800-793-8616.
- **Browse** — Choose from hundreds of fashionable frames and the latest in lens technology.
- **Save** — Show your Aetna ID card for on-the-spot savings.

### Special savings on LASIK eye surgery

Have you been hearing about LASIK eye surgery and wondering if you can afford it? With Vision One, you can get up to 25% off the doctor's usual fee for surgery.\* To learn more, call 1-800-422-6600.

This is a brief listing of the savings\*\* you can receive through the Vision One program.

PRODUCT OR SERVICE	WHAT YOU'LL PAY
<b>Eye Exams for Plans That Cover Eye Exams</b>	Refer to your health benefits plan documents for coverage details
<b>Eye Exams for Plans That Do Not Cover Eye Exams</b>	
■ Comprehensive eye exam	\$42
■ Standard contact lenses fit & follow up	\$40 (plus \$42 exam fee)
■ Specialty contact lenses fit & follow up (e.g. Toric, Bifocal, Gas Permeable)	\$10 off retail (plus \$42 exam fee)
<b>Lenses per Pair (uncoated plastic)</b>	
■ Single Vision	\$40
■ Bifocal	\$60
■ Trifocal	\$80
■ Standard Progressive (no-line bifocal)	\$120
<b>Eyeglass Frames (retail prices)</b>	40% off retail prices
<b>Lens Options per Pair (add to lens price above)</b>	
■ Standard polycarbonate (includes UV coating and scratch-resistant coating)	\$40
■ Scratch-resistant coating	\$15
■ Ultraviolet (UV) coating	\$15
■ Solid or gradient tint	\$15
■ Standard antireflective coating	\$45
■ Glass	20% off retail
■ Photochromic Glass	20% off retail
<b>Contact Lenses</b>	
Get a 15% discount (5% on disposables) off retail prices.	
<b>Mail-Order Contact Lens Replacement Program</b>	
Call 1-800-391-LENS (5367) to order replacement contact lenses. (Mail-order contact pricing is not subject to the discounts received at participating locations.)	
<b>Additional Vision-Related Items</b>	
Visit any participating location to receive a 20% discount off retail prices.	
<b>LASIK Procedure</b>	
Save up to 15% off the surgeon's fee through the U.S. Laser Network.	

\*LASIK surgery discounts are offered by Cole Vision Corporation. Providers are independent surgeons and are not agents or representatives of Cole Vision Corporation, Aetna and/or their affiliates.

\*\*EyeMed Services and Compensation Schedule, 7/06. Prices are subject to change.

# A cost-effective alternative to alternative care

## Relax, recharge and save

The path to healthy living comes in all shapes and sizes. That's why our Alternative Health Care programs give you great savings on health care services and natural products like massage therapy, acupuncture, vitamins and more. It's a smart way to save on items and services not typically covered by insurance — and a great way to encourage your body's natural health abilities.

## Two easy steps to greater savings:

1. **Schedule an appointment.** To find a location near you, visit DocFind at [www.aetna.com](http://www.aetna.com) or call the toll-free number on your ID card, which you'll get after enrollment.
2. **Pay the discounted fee at the time of service.** There are no claims to file and no waiting for reimbursement.

## Discounts on vitamins and natural body care products

Through our Vitamin Advantage™ program, you can save on over-the-counter vitamins and nutritional supplements from participating vendors. And our Natural Products program can save you money on aromatherapy, foot care, natural body care products and more.

\*Program Agreement, American Specialty Southwest, Inc. (effective 4/98). For information on fees in Florida and Colorado, visit our website at [www.aetna.com](http://www.aetna.com).

\*\*Read your plan documents for additional chiropractic and acupuncture benefits that may be available to you under the plan.

## A look at your savings

Service	Discounted Fee*
Chiropractic Service**	\$30 per visit
Acupuncture Therapy**	\$30 per acupuncture therapy visit
Massage Therapy	\$20 per 1/2-hour visit, or part thereof
Nutritional Counseling	\$20 per 1/2-hour service, or part thereof



## Hear life the way it's meant to be heard

### A great way to hear what you've been missing

You don't have to live in a world of muted sound. We've teamed with HearPO®, a national hearing benefits provider, to give you 40% off the retail price of hearing exams and hearing aid services.\*

And you'll get the latest styles and technologies on hearing aids. It's what you need to make your world sound clearer.

This program is not insurance ... meaning no referrals or claims. It's a simple, convenient way to take a little off the top of your expenses.

- Save on many styles, from complete canal to behind-the-ear hearing aids.
- Save on the newest technology, including programmable and digital instruments.
- Choose from over 1,800\*\* participating locations nationwide.
- Get discounts on hearing aid repairs.
- Enjoy free follow-up service for one year.

### Three steps to savings:

1. Find a nearby provider. Call HearPO at 1-888-HEARING, or visit our DocFind directory online through [www.aetna.com](http://www.aetna.com).
2. Make an appointment with your selected provider.
3. Get your discount at the point of purchase.



\*Read your plan documents for additional hearing benefits that may be available to you under the plan.

\*\*HearPO website. [www.hearpo.com/aetna](http://www.hearpo.com/aetna). 5/06.

## Special programs for the special needs of women

### Ongoing health management

Work, family, friends. Too much to do, too little time to do it. That's today's woman. Add health needs that change over time, and you'll know why we offer services and information to help you manage your health.

### Prevention programs for women

Our preventive programs can help women benefit from:

- Preventive screening reminders for breast and cervical cancer.
- Culturally focused initiatives to help reduce health disparities among women of diverse ethnic backgrounds.

### Women's Health online

Go to <http://womenshealth.aetna.com> for information on women's health issues — from heart health, breast cancer and pregnancy to baby care, other topics important to women, as well as:

- An interactive body mass index
- A pregnancy guide
- Food pyramid recommendations
- Information on diet and nutrition

### For ob/gyn care, no referrals needed\*\*\*

For an annual well-woman exam, unlimited visits for gynecological problems and routine maternity care, women may schedule an appointment with participating obstetrical, gynecological or women's health care professionals.

### Special maternity care

From the start of pregnancy to birth, our maternity management program offers expectant mothers services and educational materials to help give their newborns a healthy start. Moms-to-be receive:

- Educational materials, available in English or Spanish, that cover:
  - > Prenatal care
  - > Labor and delivery
  - > Newborn and baby care
  - > Breastfeeding
  - > Postpartum depression
- A pregnancy risk survey and nurse care coordination for high-risk pregnancies.
- A program to help you stop smoking.



\*\*\*Direct access applies to general ob/gyn care and basic infertility care only, not subspecialty care/treatment such as additional infertility specialist care, perinatology care or gynecologic/oncologic care.

## Get fit, stay well and save!

What's more important than your health? Start saving today on services and products that can help you stay well. And take advantage of others that respond to your special needs.

They're the *Aetna extras* that are all here for you when you enroll in one of our medical benefits plans. So use them often. And use them in good health.

Did you know?

### You can also get discounts on oral health care products.

Save on Sonicare® toothbrushes and a variety of Epic Dental products like gum, mints, toothpastes, and mouth rinses that contain xylitol — a natural sweetener designed to stop tooth decay.

If you need this material translated into another language, please call Member Services at 1-888-98-AETNA (1-888-982-3862).

Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-888-98-AETNA (1-888-982-3862).

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